WHITECAPS READY TO POUND THE THUNDER

PAGE 11

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Games to put on hold most trials

OLYMPICS Most jury trials will be suspended during the 2010 Winter Games, B.C. Attorney General Wally Oppal confirmed yesterday.

"We are going to need sheriffs and police to do security work during that time," said Oppal.

"The Olympics are for all to celebrate and we want to be as accommodating as possible."

He added that if a serious case is ongoing, it will not be affected.

"The judges will have control over the jury trials."

Oppal noted that in Beijing the entire city shut down.

"People were told not to drive. It always happens to accommodate the Games."

Trials will be affected in Vancouver and in other B.C. municipalities affected by the 2010 Olympics.

MONICA MARTINEZ/
FOR METRO VANCOUVER

ShareYourViews
vancouverletters@metronews.ca

Election 2008 pg 6
- Andrew Cohen on Harper's war on culture
- Latest B.C. poll
- Vancouver Kingsway

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Aiken: I'm gay

Food pg 13
Peppers in multiple hues

Please recycle

VIFF Opens

RAFE ARNOT/METRO VANCOUVER

Director Carl Bessai at the VanCity Theatre — Vancouver International Film Festival headquarters — yesterday. VIFF opens tonight and Bessai's newest release, Mothers&Daughters, will be shown on Sunday at 7 p.m. at the Ridge Theatre. Story, page 4

No Tory backstage passes

MARIA COOTAUCO
for Metro Vancouver

While the Liberals accused the Tories of using the RCMP as a "political tool," voters kept their cool after the Conservatives used the Mounties to keep the media from speaking with candidate Dona Cadman.

Prime Minister Stephen Harper's chief spokesperson Kory Teneycke called the incident a "three-second occurrence."

"The Prime Minister and candidates went backstage and media tried to follow them," he said. "You're not allowed backstage."

Stuart Farson, an adjunct political science professor at Simon Fraser University, said that "in general terms, it forms a part of a policy of this particular government where they've tried to control news media and access to stories."

He concedes that while the public doesn't like to see the RCMP caught up in politics, the Prime Minister has to be protected.

Voters had a mixed reaction to the incident.

The RCMP were just doing their job, said Vancouver resident Jag Sandhar, 28.

"That's one of the services that RCMP are expected to conduct."

For Erin Kyle, in Yaletown, it's not that simple.

"Where do you draw the line between freedom of the press and intrusiveness?" She asked. "It doesn't surprise me that they would use their power for oppression, in a way, because that happens all the time."

Statement

- The RCMP issued a statement yesterday saying its mandate is to protect the prime minister and evaluate threats.

Bush pushes bailout as McCain, Obama duel over debate

UNITED STATES U.S. President George W. Bush told Americans last night the country could slip into full-blown economic panic without immediate passage of a rescue package, capping a day in which the U.S. financial crisis threw the presidential election campaign into chaos.

The outgoing president offered a grim prognosis if Congress fails to act, warning in a nationally televised address of plummeting home values, soaring foreclosures and evaporating retirement funds.

In an extraordinary move, he also invited Republican presidential candidate John McCain and Democratic contender Barack Obama to the White House today to discuss the crisis and both men agreed to attend.

Bush spoke hours after McCain said he would suspend his campaign and return to Washington to deal with the crisis — in an effort to show leadership in the face of sinking poll standings.

McCain also called for the postponement of tomorrow's scheduled presidential debate with Obama, a proposal the Illinois senator immediately rejected, saying Americans expect a prospective president to do more than one thing at a time.

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B.C. could lose title as top pot-growing province

B.C.'s pot-growing supremacy is up for debate after police in Ontario executed what's believed to be the largest ever grow-op raid in Canada. Ontario police say marijuana growers in that province now rival those here. CBC NEWS ONLINE

Local

One dangerous call

A 23-year-old Abbotsford woman suffered minor injuries when was stuck by a train in White Rock. She was seated on the tracks, talking on a cellphone when she was hit. CBC NEWS ONLINE

Family seeks time to grieve

CRIME The family of a 24-year-old Delta woman issued a short statement yesterday requesting privacy as they grieved for their murdered family member.

Melissa Joan Chatham was found dead Sunday in a home in the 10300 block of 140 Street in Central Surrey.

"This is a very difficult time for the family … we are focusing on grieving the loss of our daughter and sister," read the statement, issued yesterday by the Integrated Homicide Investigation Team.

On Monday, Kelly David McKenzie appeared in Surrey court, charged with second-degree murder in Chatham's death. The 36-year-old Surrey man appears in court again on Friday.

Police said Chatham and McKenzie knew each other through a "previous relationship."

JEFF HODSON/METRO VANCOUVER

Pick of the Olympic crop

Athletes join with kids to harvest garden for food bank

KRISTEN THOMPSON
kristen.thompson@metronews.ca

When needy children in the Downtown Eastside sit down to dinner this week, there'll be something special about the vegetables on their plates — they'll have been picked by Olympians and Paralympians.

The athletes, including gold medal-winning rower Adam Kreet and Beijing 2008 Paralympic torchbearer Andrea Holmes, were lending a hand at the Hornby Street YWCA's rooftop garden yesterday.

They were joined by children from the YWCA's Citygate Early Learning And Care Centre in the Downtown Eastside.

Janet Austin, CEO of YWCA Vancouver, said the program was part of the United Way's Day Of Caring.

"(This) garden used to be ornamental," she said, adding that in 2006 they put in fruit and vegetable plants to support urban agriculture and provide fresh produce to supplement canned good donations for needy families.

"This year we'll have taken a ton of produce from the garden to women and children in the Downtown Eastside at YWCA Crabtree Corner," she said.

RAFE ARNOTT/METRO VANCOUVER

Olympic freestyle skier Sylvia Kerfoot, right, and Olympic hockey player Meaghan Mikkelson pick green beans from the YWCA's rooftop garden yesterday.

News in brief

REPORT The University of B.C. came third overall in a U.S. sustainability report card that ranked 300 schools in the U.S. and Canada. UBC received an A-.

CLIMATE Local governments that pledge to be carbon neutral by 2012 will receive a provincial grant to offset their carbon tax payments. Municipalities must sign onto to B.C. Climate Action Charter to be eligible, said Premier Gordon Campbell. METRO VANCOUVER

metronews.ca
What's online today.

Watch Justin Trudeau campaigning with his mother Margaret in Montreal, and see more on the school gun incident in Regina at metronews.ca/canada.
Play online Crosswords and Sudoku!

Lotteries

Lotto 6/49	10, 27, 36, 40, 42 & 43 Bonus 37
BC 49	04, 13, 28, 33, 47 & 49. Bonus 21
Extra	44, 55, 68, 88

These results are not official.

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They want 85 dollar bills, you only got 10

If Bob Dylan fans have anything to learn from the four-minute sellout of AC/DC's upcoming show, it's to start calling Ticketmaster at 10 a.m. sharp tomorrow. That's when tickets to his Nov. 24 show at GM Place go on sale. Seats are $45 to $85. METRO NEWS SERVICES

VIFF boasts Canadian and world film fare

KRISTEN THOMPSON
kristen.thompson@metronews.ca

If there's any time you're going to spot Hollywood stars cavorting at your coffee shop or shopping on Robson Street, it's today — and for the next two weeks.

The 27th annual Vancouver International Film Festival (VIFF) opens today and celebrities like Julianne Moore, Mark Ruffalo and Danny Glover, who star in tonight's opening film, Blindness, are expected to be in town.

Around 350 films are playing until Oct. 10 at Empire Granville Theatre 7, Vancity Theatre and the Ridge. Eighty-four of those films are Canadian and 73 are from Asia.

Homegrown director Carl Bessai's new movie Mothers&Daughters is playing at the festival, funded in part by his winnings from last year's VIFF as the director of the best Western Canadian feature film. Bessai said the birth of his daughter inspired him to make the film about three mother-daughter relationships.

"It's a local film, but it's totally universal," he said. "You touch in each story on little aspects of your own experience somewhere."

Bessai filmed "on the fly" with actors who developed their own characters, something he said makes the film more genuine.

For more information, visit viff.org or call 604-685-8297.

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Weekend highlights

Blindness

• **Thur., 7 p.m. and Sat., at 10:30 a.m. at Empire Granville Theatre 7.** A mysterious pandemic descends upon a city, plunging its residents into white blindness and instituting a state of virtual martial law.

• **Fri., 9:30 p.m. and Sat., 3:30 p.m. at Empire Granville Theatre 7.** Korean western set in 1930s Japanese-occupied Manchuria as three Koreans battle for a treasure map.

• **Sat., 7 p.m. and Sun., 4 p.m. at Empire Granville Theatre 7.** A mockumentary starring Bill Maher, who travels the world interviewing believers and followers of various religious groups.

• **Sat., 9:30 p.m. at The Ridge.** An epic caste-crossing tale of doomed love in India that combines song, dance, drama, comedy and tragedy.

• **Sun., 7 p.m. at The Ridge.** Part narrative, part documentary-style comedic drama telling the story about three different mother-daughter relationships.

Toronto explosion cleanup costs $1.9M
The City of Toronto announced yesterday that it has finished cleaning up the surrounding area of the Sunrise Propane explosion, at a cost of $1.9 million. TORSTAR NEWS SERVICE

Canada

Delaying parenthood

Number of first-time moms in their 30s jumps: Study

NEIL MACKINNON
Metro Canada

Sharon Brooksby couldn't imagine having her first child while in her 20s.

Financially strapped after a successful stint of post-secondary education and trying to establish herself as a land-surveyor, the 35-year-old Calgarian had her first child, Naomi, seven weeks ago.

It's a growing trend, according to a Statistic Canada report released yesterday. It said the number of women waiting to have children until they were 35 or older had nearly tripled between 1987 and 2005, up to 11 per cent of first-time mothers, while those waiting until their early 30s jumped to 26 per cent.

"You're older and wiser (in your 30s)."
Sharon Brooksby, first-time mom at 35

It's not that Brooksby planned to wait; it's the direction her life travelled.

"You're older and wiser (in your 30s)," she said.

"You can go back to work easier because you've set yourself up in your job, you're not as worried about money. It's exhausting work, but I love it, and I can't fathom having a child any earlier in my life."

Brooksby's husband, Gary, said that at 40, he feels like he's had his first child early. Financially, he added, it couldn't have worked any other way.

"When you're older, you have all your savings behind you, which is a huge thing," he said.

"Having a child is far from cheap," Sharon added.

Report prompts resignation calls

FOOD SAFETY Holes in the country's food safety net, revealed yesterday in a Torstar News Service/CBC report, led to renewed calls for the federal agriculture minister's resignation and promises from all parties to fix a system in disarray.

"We are aware of deficiencies," Prime Minister Stephen Harper told reporters yesterday in response to the release of a 2005 internal government report that documented serious problems with the country's food inspection and recall systems.

The review, written in 2005, warned that food safety had to be improved.

Feds must limit spending: Flaherty

SPENDING Ottawa must control the rate of spending growth if it is to keep within its expenditure targets, Finance Minister Jim Flaherty said yesterday.

The Conservative government concedes it has not managed to keep a promise to keep the rate of spending growth at the same level as the rate of nominal GDP growth.

Critics estimate that government spending has increased by between 14 and 16 per cent since the Tories took office in January 2006.

METRO NEWS SERVICES

Watch more on the school gun incident in Regina at www.metronews.ca/canada

Edmonton **Education protest**

BEN LEMPHERS/METRO CANADA

Grand Chief of Treaty 7 Charles Weaselhead speaks to hundreds of people gathered in support of First Nations education yesterday at Canada Place in Edmonton. Organizers hope the protest will make aboriginal education an election issue.

News in brief

ARRESTS Montreal police have arrested five people after a shot was heard outside a north-end college yesterday afternoon, CBC News Online reports.

RELEASE The U.S. military has released CTV reporter Jawed Ahmad, CBC News Online reports. He was held for nearly a year. METRO NEWS SERVICES

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Election 2008

Beating up cultural elite

On the Hustings

Andrew Cohen

Election insight and analysis

So Stephen Harper is now training his artillery on artists, actors, writers and poets. He sees votes in beating up the country's cultural elite.

"I think when ordinary working people come home, turn on the TV and see a bunch of people, you know, at a rich gala all subsidized by taxpayers, claiming their subsidies are not high enough … I'm not sure that's something that resonates with ordinary people," he said the other day.

A rich gala. Subsidies. Ordinary people. Here is a populist's lament. Harper didn't use the word "elite." He didn't have to.

He wants the people to know that he doesn't like this pretentious crowd, which is why you won't find him at those fancy fundraisers at the National Arts Centre in Ottawa. He sends his wife instead.

Here's the spirit of George Wallace, the scrappy, segregationist governor of Alabama, who painted his enemies as "pointy-headed intellectuals." When Wallace poured out his invective, you could see the dirt under his fingernails and the sweat on his brow.

Harper is no George Wallace, but his broadside shouldn't surprise anyone in a targeted campaign pitched to specific voters. The point is to create differences between us (the people) and them (the snobs), playing off one against each other, appealing to that deep well of resentment in the land of the Tall Poppy.

This is a strategy. It is the same reason that Harper proposes cracking down on juvenile crime, even as criminologists tell him crime isn't rising and his punishments won't work. No matter; tough talk sells among rock-hard conservatives.

Ironically, the prime minister has spent the campaign trying to show his soft side — wearing a sweater, kissing babies, playing the piano. Now he's showing off his folksiness. Soon, Harper, who has an MA in economics, will start droppin' his "g's."

But culture matters. While Harper's $45 million in cuts to the arts may have little "resonance" in English-speaking Canada, they are an issue in Quebec, where both Stéphane Dion and Jack Layton are making political hay. Dion even announced his promise to increase spending on the arts last weekend in Place des Arts in Montreal.

Harper knows this, which is why he isn't pushing the anti-cultural line in Quebec, where he sees his majority. When he was asked to repeat his "gala" comment in French, he shrewdly refused.

Andrew Cohen teaches journalism at Carleton University. He is the author of Extraordinary Canadians: Lester B. Pearson.

Grits fall, Greens rise in latest B.C. poll results

MONICA MARTINEZ
for Metro Vancouver

The federal Liberals are sinking in B.C. while support for the Green party continues to rise.

According to a poll released yesterday, the Conservatives have 37 per cent of support among decided voters followed by the NDP at 26 per cent.

The Green party is third at 19 per cent support and the Liberals follow at 15 per cent, according to the Harris Decima study.

Adriane Carr, deputy leader of the Green Party of Canada, said she's not surprised at the increased support for her party and attributed it to their plan for climate change and positive campaigning.

"People are not happy with the scandals and negative campaigning of the other parties," said Carr.

She added the Liberals are slipping because "it is clear their leader has failed to inspire Canadians."

Riding: Vancouver Kingsway

The riding, which is made up of 54 per cent immigrants, the majority of whom are Chinese, has been held by the Liberals since 1997. Liberal David Emerson held a seat in Parliament for Vancouver Kingsway from 2004-06. After he was re-elected in 2006, Emerson defected to the Conservatives.

MARIA COOTAUCO / METRO VANCOUVER

Wendy Yuan — Liberal
AGE: 47
PARTY: Liberal
POSITION: President and CEO of Bradley Pacific Enterprises
"I will use … my experience as a working parent, an immigrant and a woman to address the issues and challenges that we face in our riding."

Salomon Rayek — Conservative
AGE: 38
PARTY: Conservative
POSITION: Small business owner
Rayek says he's committed to opposing attempts to increase taxes on gasoline and heating oil, reducing crime, strengthening the confederation, protecting the environment and lowering taxes.

Don Davies — NDP
AGE: 45
PARTY: New Democratic
POSITION: Lawyer
"David Emerson betrayed the voters of Vancouver Kingsway and the most fundamental values of democracy. He thought the 'King' in Kingsway made him a monarch."

Doug Warkentin — Green Party
AGE: 43
PARTY: Green
POSITION: Research engineer
"There's a lack of affordable housing — (I'm) trying to get the federal government back in the business of providing financial support for new affordable housing."

Matt Kadioglu — Libertarian
AGE: 35
PARTY: Libertarian
POSITION: Sales representative for Royal Pacific Realty
Kadioglu's platform includes reducing zoning laws and building permits, creating more competition among businesses, eliminating Canada's "official language" laws and abolishing the immigration "point system."

Kimball Cariou — Communist
AGE: 53
PARTY: Communist
POSITION: Editor of People's Voice newspaper
"I'm campaigning for peace and social justice so that we can begin to fight homelessness and poverty in Vancouver Kingsway."

News in brief

ENVIRONMENT A re-elected Conservative government would bring in new fines of up to $6 million for companies and $1 million for individuals convicted of chemical spills, dumping, despoiling nature preserves and other forms of environmental abuse, Conservative Leader Stephen Harper said in Vancouver yesterday.

TORSTAR NEWS SERVICE

Watch Justin Trudeau campaigning with his mother at metronews.ca/canada

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U.S. man charged with exporting space data to China

A physicist from Virginia was arrested yesterday on charges of illegally exporting space launch technical data and services to China and offering bribes to Chinese government officials, the Justice Department said. Shu Quan-Sheng, 68, a native of China who is a naturalized U.S. citizen, was arrested by FBI agents. REUTERS

World/Business

Iran an 'alarming' challenge: EU

Tehran closing in on ability to produce a nuclear bomb

The European Union said yesterday Iran's blockage of an inquiry into its nuclear work was "alarming" and Tehran was getting closer to being able to assemble an atom bomb if it chose to do so.

Iran is posing a crucial challenge to the UN nuclear watchdog, the International Atomic Energy Agency, the EU and the United States said during a debate at an IAEA board of governors meeting.

But they threatened no action, reflecting differences among six world powers negotiating with Iran over what to do after Russia snubbed a U.S.-led campaign for tough sanctions on Iran.

The IAEA said on Sept. 15 that Iranian non-cooperation had stymied its inquiry into what it calls "serious" intelligence material from some 10 countries purporting to show that Iran has pursued secret projects to design a nuclear weapon.

It said Iran had raised its number of centrifuge machines refining uranium to almost 4,000, and 2,000 more were being installed. Experts said such capacity could stockpile enough nuclear fuel for a bomb in about two years. REUTERS

Business

Federal Reserve: Bail out economy or watch it tank

Congress must approve a $700 billion US bailout or see the lifeblood squeezed from the world's richest country, Federal Reserve Chairman Ben Bernanke warned yesterday as the economy showed more signs of stalling.

Investors stampeded into cash, briefly pushing one-month interest rates to below zero on fears that lawmakers might delay or change the nature of the bailout. Scarce credit forced overnight lending rates for companies to 6.5 per cent.

The U.S. dollar fell against the euro and global stocks seesawed as unease over the rescue plan — which could cost every person in America $2,300 US — kept investors on edge. REUTERS

FBI to investigate

The FBI is probing 26 cases of corporate fraud related to the mortgage-lending collapse, including within Fannie Mae, Freddie Mac, Lehman Brothers and AIG.

News in brief

MAGIC David Blaine's "Dive of Death" wasn't, after all — the magician and showman ended up alive last night following his 60-hour stunt of hanging upside down in Central Park.Blaine, 35, had dangled from a cable attached to a large scaffold structure built high over the park's Wollman Rink since Monday, except for regular breaks for water and medical checks during which he was upright for periods of a few to several minutes each.

SPACE NASA yesterday delayed the launch of a mission to service the Hubble Space Telescope by four days to make up training time lost due to Hurricane Ike. The shuttle Atlantis is now set to blast off Oct. 14. REUTERS

India **Floods continue to plague South Asia**

DESMOND BOYLAN/REUTERS

Children carry belongings after evacuating their homes on the riverbank of Yamuna in New Delhi yesterday. Monsoon rains, burst dams and overflowing embankments have unleashed bouts of flooding in South Asia this year, killing about 1,500 people, mostly in India but also in Nepal.

Economy near 'tipping point'

ECONOMY Two Merrill Lynch economists said yesterday that Canada is nearing the "tipping point" of a U.S.-style financial crisis.

Issues here of falling house prices and high unsold inventories were also factors in the U.S. collapse. TORSTAR NEWS SERVICE

In brief

WIRELESS Rogers Wireless said it's seeing a slowdown of consumer and business traffic on its telecom network as a result of the poor economic climate.

MILK SCARE Starbucks is using Kowloon Dairy milk in 55 of its South China stores after voluntarily pulling melamine-tainted Mengniu milk last week. REUTERS

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Spree was planned for 6 years

KILLINGS Finnish police said a man who shot dead 10 people on Tuesday had been planning his killing spree since 2002, and had "very likely" been in contact with the student behind a similar gun rampage last year.

Matti Saari, 22, killed nine fellow students — eight female and one male — and one male staff member at a travel and hospitality industry college a day after being interviewed by police about online videos of himself at a gun range.

"There was a note found at his home saying: 'I have always wanted to murder as many people as possible,'" the National Bureau of Investigation's Jari Neulaniemi told a news conference yesterday. REUTERS

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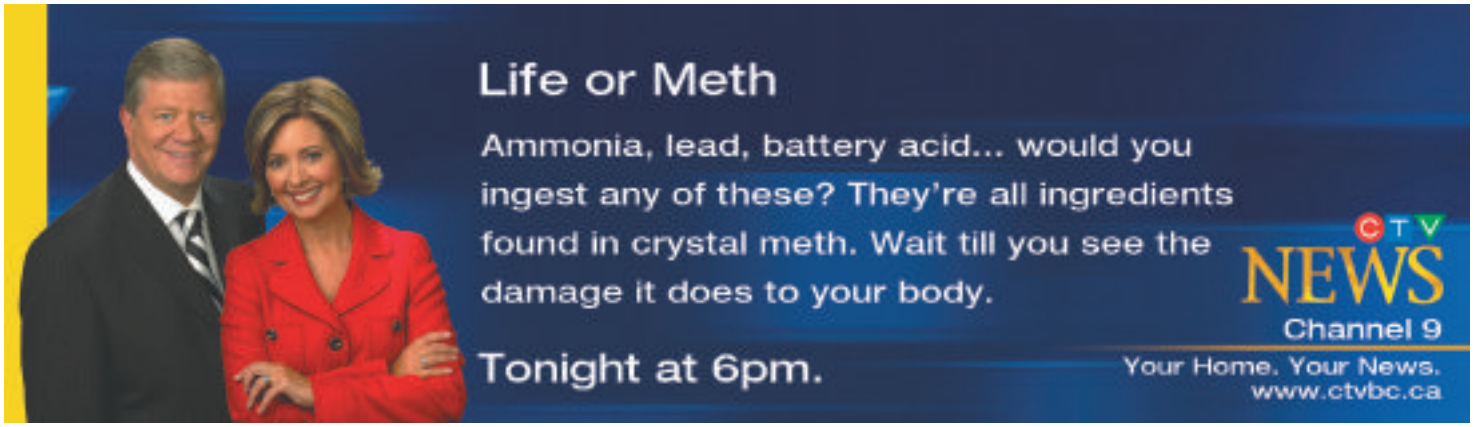
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Lions show Millen the door

Matt Millen has been relieved of his duties as president and CEO of the Detroit Lions, the team announced yesterday. Millen had been in charge of the Lions since 2001. The team has produced an NFL-worst record of just 31-84 in that time, including 0-3 this season. METRO NEWS SERVICES

Sports

McCallum wins weekly award

The CFL announced its Player of the Week award winners for Week 13 yesterday, and among them is the Lions' Paul McCallum, left, who booted six field goals and added a convert in the club's 27-21 victory last Saturday over the Saskatchewan Roughriders. Montreal quarterback Anthony Calvillo was awarded offensive honors, his teammate Jermaine McElveen won defensive honors. The top Canadian player was Saskatchewan running back Stu Foord. METRO NEWS SERVICES

EDITOR: SPORTS@METRONEWS.CA

Printers will never recapture glory

ToulBox

Scott Rintoul

scott.rintoul@metronews.ca

The two wins over the Oilers were nice, but now the true test of the preseason begins for the Canucks as they go in search of chemistry among the current roster of players assembled.

Steve Bernier was skating with the Sedins for the first time yesterday, an experiment that is likely to continue for the foreseeable future.

Bernier displayed an appetizing blend of size, skill, and sandpaper in Tuesday's home-ice win over Edmonton, and it is assumed his style will complement that of the twins if he can offer those elements on a nightly basis.

But if I had a nickel for every time I'd heard that description of a potential triplet, I'd have Mats Sundin's bank account.

From Trent Klatt to Magnus Arvedson to Markus Naslund, there has been no shortage of "perfect fits" with the Sedins, yet perhaps the unlikeliest of candidates, Anson Carter, was the most successful. Without the Sedins, he wasn't good enough to earn regular ice time in the NHL over the past two seasons, but his chemistry with the twins resulted in a team-high 33 goals three years ago.

Even if Bernier clicks with the Swedish tandem, the real puzzle is who to play with newcomer Pavol Demitra. Wingers Mason Raymond and Taylor Pyatt were flanking Demitra at yesterday's practice, but expect a number of players to skate with him over the next couple of weeks.

Other lines of interest heading into a pair of preseason affairs this weekend: Cody Hodgson with speedsters Michael Grabner and Matt Pettinger, while Kyle Wellwood will team with Jannik Hansen and Jeff Cowan.

• There are two certainties upon Casey Printers' return to B.C. this Saturday. One: Printers will say publicly that it is just another game. And two: that couldn't be further from the truth.

Printers captured lightning in a bottle during his 2004 run to Most Outstanding Player in the CFL, and he has never been able to rekindle that magic. A year of disgruntled service followed during the Great Quarterback Controversy of 2005, and then Printers bolted for the greener pastures of the NFL only to find out that the grass was anything but greener.

His first year in Hamilton has been equal parts injury and incompetence, and his $500,000 contract has done little to ease his frustration. The memories of how good things were four years ago will come flooding back when he trots onto the turf at B.C. Place this weekend, and that might be the best feeling Printers experiences in a Ti-Cat uniform this season.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

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NHL Devils knock over Rangers 3-2

BRUCE BENNETT/GETTY IMAGES

Nigel Dawes of the New York Rangers is knocked down by Rod Pelley of the New Jersey Devils during last night's pre-season action. The Devils beat the Rangers 3-2.

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
N.Y. Yankees 6 Toronto 2 (10 ings)
Boston 5 Cleveland 4
Kansas City 10 Detroit 4
Minnesota 3 Chicago White Sox 2
Tampa Bay 11 Baltimore 6
Texas 14 Oakland 4
L.A. Angels at Seattle

NATIONAL LEAGUE
Atlanta 10 Philadelphia 4
Chicago Cubs 9 N.Y. Mets 6 (10)
Florida 9 Washington 4
Houston 5 Cincinnati 0
Milwaukee 4 Pittsburgh 2
St. Louis 4 Arizona 2
Colorado 15 San Francisco 4
L.A. Dodgers 12 San Diego 4

CFL

WEEK 14

TOMORROW'S GAME
Edmonton at Winnipeg, 5

SATURDAY'S GAMES
Calgary at Toronto, 4
Hamilton at B.C., 7

SUNDAY'S GAME
Saskatchewan at Montreal, 10

SOCCER

PLAYOFF GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:

TOMORROW'S GAME
Minnesota at VANCOUVER, 7

SUNDAY'S GAME
VANCOUVER at Minnesota, 3

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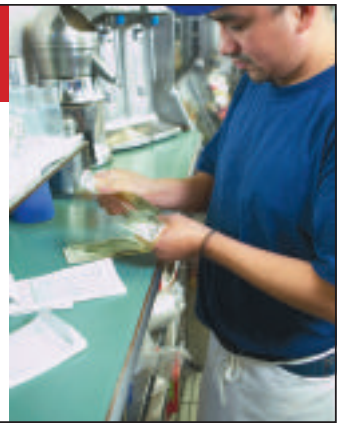

less... blah blah blah blah blah blah blah blah blah

JEFF HODSON/METRO VANCOUVER

Whitecaps keeper Jay Nolly warms up during practice at Simon Fraser University yesterday.

Whitecaps look to clip Thunder in first round

JEFF HODSON
jeff.hodson@metronews.ca

Finishing a single point out of first place, the Vancouver Whitecaps head into tomorrow's first-round playoff match against the Minnesota Thunder confident that they've saved their best for last.

"I think everybody still feels like we haven't played our best yet," said keeper Jay Nolly, 26, entering his first playoff series with the Whitecaps.

"We had a great season, but we can play better as a team and that's something you want to do heading into the playoffs."

The Whitecaps, who finished with a record of 15-7-8, have lost only one game in their last 10. They split their season series with the seventh-place Thunder.

Each team won once and they tied their final meeting on Sept. 7.

Only two goals were scored in the three games.

"The team is improving all the time," said coach Teitur Thordarson. "In the last games we really showed some good stuff, playing well and showing that we are a very good team."

Home and home

- Friday's match begins at 7 p.m. at Swangard Stadium. The return leg is 3 p.m. Sunday in Minnesota.

Making an Impact at Champions

CONCACAF The Montreal Impact played Atlante FC to a 0-0 draw in the group stage of the CONCACAF Champions League at Saputo Stadium in Montreal yesterday.

Matt Jordan

Atlante, widely considered as the group favourite, struggled to earn shots on net and when they did Impact goalkeeper Matt Jordan turned them away with ease. Jordan, who has posted four straight shutouts in the Champions League continues to turn heads north and south of the border. Montreal defeated Trinidad and Tobago side Joe Public 2-0 in their first group stage game. Atlante defeated Club Deportivo Olimpia of Honduras 1-0. Atlante and Montreal remain tied for first place in the group.

METRO NEWS SERVICE

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Brian Jessel

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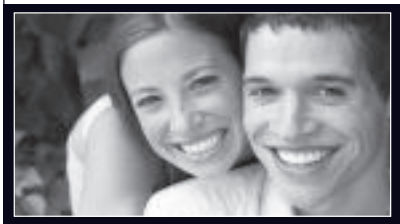

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Recycling hub

While current new technologies like dishwashers with steam save gallons of water over the life of the product, future water-conservation programs will focus on recycling water within the home. Potential sources include "grey water" from the dishwasher, sinks and other outlets. KITCHENAID

Metro Homes

Store creatively

A small kitchen probably isn't going to fit all your stuff, so after you pare down, which is a must when living in a small space, think about storing dishes and other items you don't use every day in furniture pieces outside of the kitchen. Armoires, cabinets, sideboards and shelving units can all be used to store items. HGTV.CA

Mini freezer a fresh idea

UrbanDweller

Carlyn Yandle
carlyn.yandle@metronews.ca

Since Sunday, when the Man of the House and I returned from an Okanagan weekend road trip loaded down with fresh fruit, I've been whining, "I wish we had a freezer!"

I never used to care about freezers, viewing them as space-hogging energy-suckers, but I've had a serious change of heart.

Like a growing number of people in these parts, I'm avoiding produce that entails intercontinental travel and am trying to eat seasonally, shopping from the freshest stuff at my local farmers' market and rethinking my 'need' for luxuries like avocados (I said re-thinking). But as the markets wind down for another year, I'm in full hoarding mode. The fridge freezer is already packed with bags of Vancouver blackberries, Langley blueberries and bucked-up Oliver peaches. I may have enough to make us morning yogurt fruit smoothies all winter, but I know some will be lost to freezer burn by February. I like my fruit fresh, and frozen is the next best thing. So I whine.

Back in the 20th century my mother-in-law suggested we get a deep-freeze freezer. "I couldn't live without one," she said.

CARLYN YANDLE

Mini freezers make storing food possible for small-space-dwellers.

I pictured the prized sofa-sized units in the Italian neighbours' houses back when I was a kid. I remember teetering on the edge of the deep-freeze on Popsicle-hunting expeditions, digging around great hunks of game from real hunting expeditions.

I couldn't see it in our condo.

But this wasn't quite what my mother-in-law had in mind. Her freezer is tucked away in her in-suite storeroom, but at just under three feet wide and under two feet deep, it could fit in a deep closet, at the end of a kitchen counter or, depending on strata bylaws, undercover on a deck (away from sun). Two feet of clearance space above the unit is required for access.

At last check, both Costco and Home Depot carry a chest-style white compact freezer by Danby for about $250.

Good time to buy

HouseLeague

Ryan DeLuca
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With the U.S. economy in continuing decline, many are wondering if our American counterparts have enough economic sway on Canada to lead our housing market to the same fate. In a word, no.

Let's put it in perspective. The "subprime" mortgages offered in the U.S. were mortgages granted to people who would not normally qualify for such loans, primarily due to lower credit scores.

As housing prices in the U.S. began to soar in 2005 and 2006, banks began supplying subprime loans, believing the market would continue to rise. In 2007, as the U.S. market softened and interest rates went up, refinancing these loans became increasingly difficult, with more and more people defaulting and going into foreclosure.

As this happened, interest rates continued to climb, forcing homeowners who could barely afford their payments to foreclose on their homes. Mortgage insurance companies were unable to continue reimbursing banks, causing huge financial losses for many mortgage lenders. This inevitably led to the market crash.

It is important to note that while property values plummeted, it was due to a mortgage-lending crisis, not a real estate crisis.

In Canada, mortgages are regulated by stricter guidelines with fewer lenders and much harsher credit checks.

Financial institutions examine applicants' total debt service ratio: The ratio between the applicant's total debts for housing, car loans etc., versus their total income. Most lenders will not consider you for a loan if your total debt is more than 40 per cent of your income. It ensures that if interest rates rise, or other financial hurdles are encountered, homeowners will still be able to afford their property and will not lose their homes to foreclosure.

The Bank of Canada is adding additional precautions by abolishing the "zero down" mortgage (in favour of a minimum 5 per cent down), and will no longer allow mortgages to be amortized beyond 35 years.

With low interest rates and a large selection of properties, it continues to be a great time to buy that dream house or condo.

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Recipe correction
Last week's recipe for the Bittersweet Chocolate Tart (from Nick Malgieri's book The Modern Baker) gave incorrect ingredient amounts. The first two ingredients were 1 3/4 cups heavy whipping cream and 1/4 cup light corn syrup. Metro regrets the error. METRO NEWS SERVICES

Food

"Green peppers are harvested before they are fully ripe, which explains their abundance and less expensive price tag." Barb Holland/for Metro Canada

Bitter vs. sweet

They will continue to first turn yellow and then red when left on the plant to mature. Green peppers have a slightly bitter flavour, whereas the more mature peppers have a sweet fruity taste.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Roasting the pepper rainbow

À la carte

Barb Holland
Metro Food Writer

Available in a rainbow of colours, the versatile sweet pepper lends itself equally well to salads, stir-fries, casseroles, soups and sauces.

To savour the flavour of peppers beyond the growing season, roast and freeze peppers during the height of the harvest. Sweet red peppers are the ones most roasted, but yellow, orange and banana peppers and large chiles are also good roasted. Versatile as they are delicious, roasting brings out their full sweet flavour and adds a hint of smokiness.

Preheat barbecue on high heat. Prick each pepper with a fork several times to prevent them from bursting during grilling. Close the lid and cook peppers on high heat, turning when the skin chars. Keep turning the peppers until the skin is charred on all sides. To make the skin easier to remove, place the charred peppers in a glass or metal bowl and cover to "steam" for at least 15 minutes.

Peel off the skin, cut in half and remove seeds. Most peppers peel quite easily with the exception of thin-skinned green bell peppers. Arrange pepper pieces apart on parchment paper-lined baking sheets. Freeze until solid, then pack into resealable freezer bags and store in the freezer for up to ten months.

FOOD AND ONTARIO

Peppers are available in a rainbow of colours from green to red to purple to ivory.

Roasted Red Pepper and Chevre Spread

A simple spread to make ahead, serve with crostini or crackers and a bowl of good black olives. Makes about 1 1/2 cups (375 mL).

INGREDIENTS:

- 1 roasted red pepper, peeled and roughly chopped
- 1 small clove garlic, minced
- 4 oz (125 g) cream cheese, softened
- 5 oz (140 g) chevre cheese

METHOD:

In food processor, combine red pepper, garlic and cheeses. Process until smooth. Scrape into a serving dish, cover and chill several hours or overnight.

Tips:

- Good for you: Sweet peppers are high in Vitamin C — ounce for ounce there is three times as much vitamin C in a sweet pepper compared to an orange. Green peppers contain about half as much Vitamin C. Red peppers are also an excellent source of Vitamin A. Sweet peppers also provide dietary fibre, folate and potassium.
- Pick of the crop: Peppers should feel full, heavy and tight. They should be shiny in appearance and free from bruises and spots.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

The best way to beef up

The dynamic culinary duo of Janet and Greta Podleski are famous with a Food Network Canada show and the best-selling Eat, Shrink and Be Merry. Granet Publishing Inc. offered Metro this recipe from their collection of healthy comfort foods:

The Great Pretenderloin

The original recipe calls for a beef tenderloin, but an eye of round will work just as well. This recipe serves a crowd, so you can have the roast for dinner one night, sandwiches for lunch the next day and slice some for a salad topping the next night.

INGREDIENTS:

- 1 tbsp softened butter or olive oil
- 1 tbsp Dijon mustard
- 1 tbsp brown sugar
- 1 tbsp steak sauce
- 1 tbsp minced fresh rosemary
- 2 tsp minced garlic
- 1 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp grated lemon zest
- 1 whole beef tenderloin or 1 eye of round roast (3 pounds)

METHOD:

Preheat the oven to 450 F. Move the oven rack to the bottom third of the oven. Mix together the rub ingredients in a bowl. Rub all over beef and let stand at room temperature for 30 minutes. Place beef on shallow roasting pan. Put in oven, and turn heat to 400 F.

Roast meat, uncovered, 45 to 55 minutes or until meat thermometer inserted into the centre registers 140 F for medium-rare.

Remove from the oven and let stand, uncovered, 10 minutes before slicing. The meat's temperature will continue to rise as it rests.

Eat, Shrink and Be Merry! Great-Tasting Food That Won't Go From Your Lips to Your Hips! is available in paperback edition at Amazon.ca for $22.01.

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Style

Fall beauty trend report! The season's prettiest makeup—and how to wear it.

STYLE CONTENT BY ELLE CANADA ellecanada.com

ELLE CANADA

Country Girl!

Jewel returns to her roots

By **Mary Dickie**
Contributing Writer

The line between country and pop has always been blurry — for musicians and listeners, not to mention radio programmers. The latest artist to cross the genre divide is Jewel, who, after more than a decade of success as a sweet-voiced singer-songwriter, has put out Perfectly Clear (Open Road Recordings/Universal Music Canada), an album that's undeniably country, from its pedal-steel accents to the hurtin' lyrics in songs like Anyone But You.

Still, Jewel herself maintains that she has always been partly a country artist, whether or not the industry recognized her as one. "I always saw Loretta Lynn and Joni Mitchell as the same thing — they just grew up in different parts of the continent," says Jewel from her Texas ranch she shares with husband and rodeo rider Ty Murray. "They were both writing about the sexual revolution and women's lib."

So, what makes a song country or pop? "Sometimes it's just how you dress it," she explains. "Perfectly Clear, sounded too different from the songs on my other albums. It's definitely a country song — but it's my style of country. I cut Two Become One as a pop song for my album 0304, but I liked it as a country song, so I recut it for this record. I think it works much better that way."

SEXY CHIC

Slim skirts cut a sharp shape.

The pencil skirt in a masculine fabric is a definite must for fall. Wear it with a femine top and textured tights for a fashion-forward mix.

Polyester, spandex and rayon ($90, Espirit)

Wool, spandex and polyester ($145, Louben)

Wool, polyester and Lycra ($135, Debbie Shuchat)

Wool, viscose and spandex ($165, Debbie Shuchat)

COZY COOL Cowl-neck sweaters are a hit!

Wool ($64, Gap)

Acrylic, nylon and mohair ($69, Dex)

Nylon, wool and alpaca ($79, Mac & Jac)

Wool ($220, BZR)

Wool ($200, Des Petits Hauts)

Acrylic and mohair ($210, La Fée Maraboutée)

STUDIO ANDRÉ DOYON

EDITORS' PICK

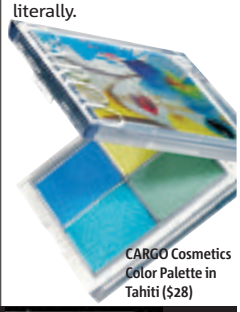
BODY LANGUAGE

Now Canadian fans of American chain Bath & Body Works don't need to cross the border to get their fix. This fall, the company will open six locations in Canada, including a shop in Toronto. "It's approachable luxury," says Shayne Hart, senior vice-president of creative. "We take fine fragrances and make them accessible in everyday forms, such as body lotions and home fragrances."

Bath & Body Works Japanese Cherry Blossom Body Lotion ($9.50 for 236 mL)

WHAT'S NEW

Although popular in Tinseltown and beyond, homegrown CARGO Cosmetics has stayed true to its roots. Its latest Canuck shout-out? Recruiting Cassie Zhen, an Ontario College of Art & Design grad, to illustrate the covers of its new line of eyeshadow quartets. Each palette is an *objet d'art*—literally.



CARGO Cosmetics Color Palette in Tahiti ($28)

Performance: Richard Avedon

HOT BOOK: KING RICHARD

Performance: Richard Avedon (Harry N. Abrams) is a triple whammy. First, there is an essay on Avedon's achievements by John Lahr, drama critic for The New Yorker. Next, several of Avedon's subjects, including director Mike Nichols, have written engaging memoirs about sitting for Avedon, one of the most influential artists of the last century. And then there are the 200-plus portraits of stars, such as Audrey Hepburn, which speak for themselves.

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Purple reigns
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Style

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Fun for fall

Berry-inspired hues among hot colours

BRIAN TOWIE
brian.towie@metronews.ca

Dark wines, boot cut pants and versatile sweaters all make up what clotheshorses will be on the hunt for this fall.

It's the season to look smart, experts say, and there are a number of ways you can go about it, ladies especially. Fall fashions this year offer options to those looking for an easy wardrobe switch from business to fun with friends.

"It's a lush fall season," says Joe Mimran, fashion creative director for Joe Fresh. "The colouration this year is quite beautiful."

To get an idea of the trendy colours this season, venture to your nearest wine store or fruit market first. Rich reds, warm purples and berry-inspired hues make up the palette of the Argyle-patterned, scoop- and V-necked vests and cardigans the fashion-conscious will be sporting this year over crisp blouses and shirts.

"These colours go well with grey bottoms, which are becoming a second to black," says Brigitte Martin, merchandising manager for Reitmans. "It gives you a smart, business-like look. They're also tradeable with jeans."

Dark colours are practical for men's and women's denims this year, says Rod Van Straten, merchandising manager for Levi's Canada, adding strong blues and blacks can be worn under blazers and shirts for daytimes to evenings. Ladies should be on the lookout for the boyfriend jean in particular — a looser-fitting lighter-hued pant, while men will opt for straight-leg styles. Mimran adds high-waisted jodhpur skirts, while difficult to wear, will be a fantastic look this season.

A few items can go a long way to diversifying your wardrobe, says Tara Wickwire of Gap Inc. A strategic eye for new shades and useful accessories can rejuvenate the outfits you've already got hanging in your closet.

"A scarf is another great way to instantly update your look. It's a trend item of the season so pairing a scarf with your classic sweaters and blazers will look stylish and, of course, functional," she said. "Select a fabulous item such as a blouse or sweater in a rich shade such as royal violet or a deep berry and mix it with your existing neutral pieces. This will make your classics look new again."

Deep-berried patterns aren't your only options for the fall, says Laura Shankland, communications manager for H&M Canada. You can defy the upcoming grim, cold weather with soft, bright colours in funky designs, so long as they're paired off with greys or blacks.

"Colours for fall 2008 at H&M include neutral beiges and greys to black and white, muted jewel-tones, and soft brights," she said. "There are also many patterns and prints — ethnic, graphic, psychedelic, hand-painted motifs, classic checks and stripes, abstract, oriental, and floral."

LEVI'S PHOTO

The boyfriend jean — $88 at Levi's — is a looser-fitting lighter-hued pant.

BANANA REPUBLIC PHOTO

This Grey Glen Plaid Suit — blazer, $450; vest, $160; and trousers, $205 — is part of Banana Republic's Monogram collection. At Banana Republic's Robson Street location.

Brighten up your fall wardrobe with this yellow top, $29.90, and wide pants, $59.90, both from H&M. The bow-tie blouses above — purple from H&M, and bright pink from Joe Fresh — are also great colours for fall.

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Vancouver talent vies for title tonight
Three of Vancouver's rising fashion stars will be presented on stage this evening to compete for the title of Generation Next Designer for Spring 2009. The competition takes place at the Chinese Cultural Centre at 5:30 p.m. **METRO VANCOUVER**

A model wears a dress from Jason Matlo's Jet Set Barbie collection at the Pop Opera bar in Vancouver yesterday.

A model wears a dress from Jason Matlo's Metals collection yesterday

A model wears a dress from Jason Matlo's Black is Basic collection.

ALL PHOTOS BY KATE ARNOTT/METRO VANCOUVER

Jacqueline Conoir dress by designer RozeMerie Cuevas.

Fashion mimics art

Pop Opera hosts Jason Matlo's distinct '09 collection

Kim Elbo
for Metro Vancouver

Red carpet acted as a runway at the Jason Matlo fashion show last night as B.C. Fashion Week continued at Pop Opera in Vancouver.

The show played out like an art installation with models posing as mannequins.

There were three groupings to the collection described by Matlo as 'Jet set Barbie,' being resort glam, 'Metals,' a mix of metallic fabrics and 'Black is Basic,' an eveningwear collection that was anything but basic.

A model wears a Spring '09 Jacqueline Conoir dress at the Dr. Sun Yat-Sen Gardens in Vancouver.

The night was full of entertainment, great music, fashion and even a performance by drag artist Trixie Treat.

It set the stage for tonight's Generation Next Fashion contest featuring up-and-coming designers and the finale.

The week kicked off on Monday at the Chinese Cultural Centre with a crowd-pleasing performance by local rock band A Grey Medium before and after the Jacqueline Conoir show.

RozeMerie Cuevas of JC Studio designed a stunning Spring 2009 collection that shined on the runway with bold '70s psychedelic prints and sexy modern cuts.

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Fashion loves Barack

Designers Maurizio Modica and Pierfrancesco Gigliotti of the label Frankie Morello showed their political support by wearing T-shirts endorsing Barack Obama at a recent Milan fashion show. TORSTAR NEWS SERVICE

Keep warm, be colourful

Style File

Kim Elbo
kim.elbo@metronews.ca

ask kim

Do you know anything about re-dying faded jeans? Any tips? — Allison, B.C.

If you want to re-dye your jeans try RIT — you can find it in the laundry section of your grocery store. But keep in mind: because it's an all-over dye it will dye the stitching on your jeans as well. Next time you buy new jeans wash them with three tablespoons of salt, this will set in the colour nicely and won't let your jeans fade.

E-mail your style questions to *kim.elbo@metronews. ca.*

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Weave
Designer: Costa Blanca
Shop: Costa Blanca
Address: Various Locations
costablanca.ca

Texture
Designer: H&M
Shop: H&M
Address: Various Locations
hm.com

Pleated
Designer: Echo
Shop: Plenty
Address: Various Locations
getplenty.com

Bow Clip
Designer: Claire's
Shop: Claire's
Address: Various Locations
claires.com

Feather Headband
Designer: n/a
Shop: The Bay
Address: Various Locations
hbc.com

Cameo Bobby Pin
Designer: Spark
Shop: La Belle Vie
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scarves

Tuck away the plaid scarf far back into your closet and cover up in style with a textured knit scarf. This season it's all about texture and colour. Wrap your neck up in block colours of bright oranges, blues and purples. Add a little interest to your layered outfits with scarves that have pleats, wrinkles or weaves. And shed some pounds and avoid getting too hot with scarves that are too long and heavily knit.

hair accessories

Leave the hat at home and adorn your gorgeous locks with these three classic hair accessories: the bow clip, the feather headband and the jeweled bobby pin. Not sure of how to use each accessory in your hair? Try a standard ponytail with a little tease at the crown and a hair wrap around the band, then tuck in the pins or clips in the back or slide on the headband — this style is easy and elegant.

accessory

If there is one thing you need to go and buy this week it's this Quo lip gloss, $15. It's an all-in-one gloss that has a mirror and light attached to it for easy application. Available at Shoppers Drug Mart.

psst...

See B.C.'s best up-and-coming designers at the Generation Next competition today at 5.30 p.m. at the Chinese Cultural Centre (50 East Pender). Tickets are $10 – *bcfashionweek.com*

tip

If your hair lacks luster and shine put yourself on a hair diet. Have dull hair? Eat foods rich in minerals like nuts, lentils and wholegrains or try vitamin A-rich foods if you're suffering from a dry and flaky scalp. – *ultimate-cosmetics.com.*

What are you shopping for?

A Chain Reaction

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Sex and the City teen novels

BOOKS Carrie Bradshaw, from the hit TV series and movie Sex and the City, is leaving Manhattan's Upper East Side and heading back to school.

HarperCollins Publishers has said it had signed the author behind the hit series, Candace Bushnell, to write about Carrie's high school years in "The Carrie Diaries" which will be released in two books starting from fall 2010.

Bushnell

The publisher said in a statement that the diaries would focus on Carrie's formative years in high school, giving an inside look at her friendships, romances, and how she realized her dream of becoming a writer. REUTERS

McDonnell in talks to join Grey's Anatomy
Actress Mary McDonnell is in advanced talks to join hit drama Grey's Anatomy for a multi-episode guest arc, ABC has confirmed. The nature of the role is being kept under wraps. METRO NEWS SERVICES

Entertainment

Firestone baby
Former Bachelor star Andrew Firestone and wife Ivana are expecting their first child in mid-April.
USMAGAZINE.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● A CLASSIC; ●●●●○ EXCELLENT; ●●●○○ GOOD; ●●○○○ FAIR; ●○○○○ POOR

TV on the Radio crafts gem

TV on the Radio

Album: Dear Science
Label: Interscope/Universal
Rating: ●●●●½

IF THERE'S ANY album that people have been waiting for, it's TV on the Radio's follow-up to their 2006 critically acclaimed disc Return to Cookie Mountain. And, boy, was it worth the wait. The Brooklyn-based band's third album in four years is an aural masterpiece filled with sweeping experimental sounds, intelligent songwriting and a plethora of contagious hooks. They've managed to pull off what similar-sounding Bloc Party's been trying to do (especially on Dancing Choose) — create boundary-pushing rock music that's complex yet accessible enough for everyone to enjoy.

Bryan Borzykowski/for Metro Canada

Dear Science — the new album from TV on the Radio — is an aural masterpiece.

Santogold

Album: Santogold
Label: Downtown/Warner
Rating: ●●●●○

IT'S NOT WHAT influences you, it's what you do with the influences. Santogold, Philadelphia native Santi White, draws from a long list of genres: New wave, dub, electronic and indie rock among the most obvious. So she's eclectic, like thousands of other musicians. Big deal? Yes. Santogold blends everything for a sound that is unique, which is not to say it's always pleasant to listen to. Santogold's most effective when she minimizes the sound effects, like on the sunny Lights Out. Then there's her voice — imagine if Gwen Stefani took voice lessons from Martha Davis of The Motels. Jim Reyno/Metro Canada

Terry Lynn

Album: Kingstonlogic 2.0
Label: Last Gang
Rating: ●●●○○

GUNSHOTS, GANJA gangstas, macheted corpses, starving kids, barking dogs, bad popo, evil socialites and greedy corporate pigs — Terry Lynn, who was born in the ghettoes of Jamaica, wields the politics of poverty with an electro-reggae mallet. Recorded in Toronto, this debut is most interesting on songs like Stone, when Lynn injects a glimmer of personality into her otherwise stark urban landscapes. It's nice to know you can strike a blow against injustice while getting down.

Graham Rockingham/for Metro Canada

Album Reviews

music@metronews.ca

Kings of Leon

Album: Only By the Night
Label: Red Ink/Sony BMG
Rating: ●●½

EVERYBODY SEEMS TO want this Tennessee band to be the saviour of southern rock. The thundering bass lines of the opening track offer hope that album No. 4 will be the one we've been waiting for. The feeling builds through Crawl, Sex on Fire and Manhattan. But a funny thing happens about halfway through — it degenerates into stale, almost middle-of-the-road pop slush. Graham Rockingham

Bollea getting out of prison early

Bollea

CRIME Hulk Hogan's son Nick Bollea is getting out of jail nearly three months early with credits for good behaviour and working, People.com reports.

Bollea, who has been serving an eight-month sentence in Clearwater, Fla., for reckless driving that led to an accident with injuries, is due to be released Oct. 21.

Godfather tops all-time film poll

MOVIES Mafia film The Godfather has been named the greatest movie of all-time in a poll of over 10,000 cinema-goers, filmmakers and critics, BBC News Online reports.

METRO NEWS SERVICES

Beat Thriller or forget it: Jackson

MUSIC Michael Jackson is so eager for his comeback album to be a success that he's given his songwriters an ultimatum — make it better than Thriller or forget it, the Daily Mirror reports.

"Michael's new album has to be amazing," said hit-maker Ne-Yo, who is on Jackson's select team. "I've already submitted some songs but we have no idea when it's coming out. He keeps putting it off. It's tough when all eyes are on him and there is so much young competition out there. This album needs to be better than Thriller. He wants killer melodies."

Ne-Yo, who has written chart-toppers for Beyonce and Rihanna, admits he was terrified when he first met Jackson face to face.

"My hands were shaking like never before. But the great thing is that I get to work with my idol and he is really cool."

METRO NEWS SERVICES

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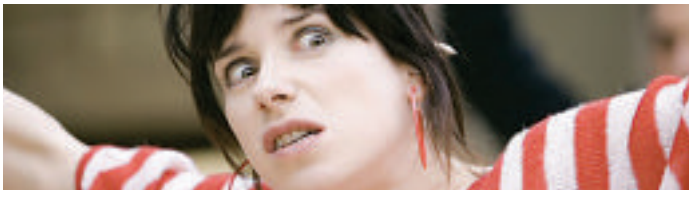

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Nick Hornby, Ben Folds to record album together

Author Nick Hornby is to record an album with singer-songwriter Ben Folds, who said: "Nick and I are talking about doing a record where he writes all the lyrics and I write the music. His lyrics are great." METRO NEWS SERVICES

Former Friend Lisa Kudrow to star in web series

Lexus is making an ambitious foray into online entertainment with former Friends star Lisa Kudrow in the driver's seat.

The carmaker is launching an Internet-only branded channel stocked with a full slate of original programming headlined by Kudrow in a shortform comedy series in which she plays a nutty shrink.

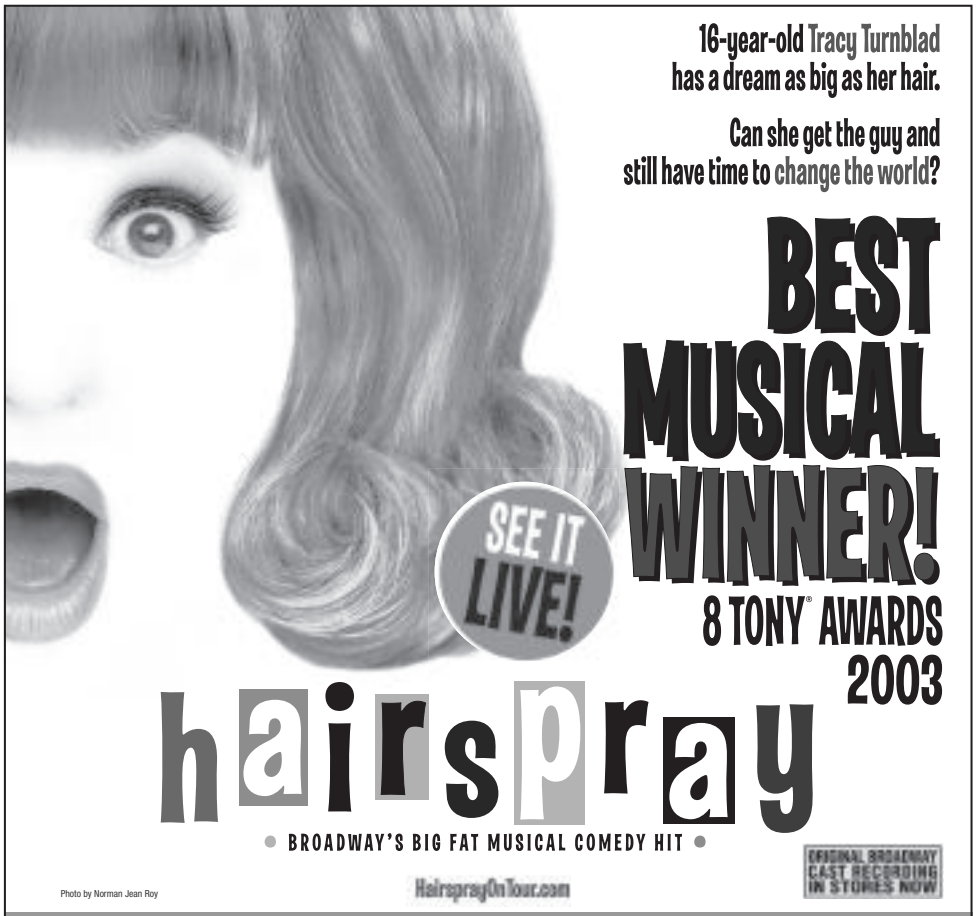
The choice of the Emmy-winning Kudrow for the lead role in Web Therapy should bring attention to what Lexus is calling L Studio, which is available to the public at LStudio.com.

In Therapy, Kudrow plays Fiona Wallice, a psychotherapist who conducts absurdly abridged three-minute sessions via the Internet that do little to help her clients. In 15 episodes she juggles five clients played by Bob Balaban, Jane Lynch, Rashida Jones, Tim Bagley and Dan Bucatinsky.

Kudrow isn't Hollywood's only representative on L Studio. Sex and the City writer-producer Amy B. Harris joins the site in October with a scripted series of her own, Puppy Love, in which she examines the relationships between people and their dogs. Harris recruited many other Sex writers to contribute to the 40-episode series. The cast includes Famke Janssen, Janel Moloney and Heather Burns. REUTERS

Precedent

- L Studio is bound to get attention, given its only precedent: Bud.TV, a similar venture Budweiser kicked off in 2006 only to watch it fail.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Knightley's career all about fantasy

TINA CHADRA
for Metro World News

Keira Knightley's career is as dreamlike as the fantasy world she likes to live out on screen.

"It's pure escapism," exclaims the 23-year-old actress about her penchant for doing period pieces. "When I watch films that I'm in, I want to be completely taken away from myself. I want to be in another place, where I'm not worried about the fact that I haven't paid my mobile phone bill."

Of course, her reality is most people's fairytale.

At just 20, Knightley became the third youngest actress nominated for an Oscar for her role in Pride and Prejudice. And any newbie would die for a debut packing as much one-two star power punch as hers. In the span of one year she came out with the international hits Bend It Like Beckham, Pirates of the Caribbean and Love Actually, which, as she says in her delicate British accent, "did brilliantly well."

Her success has a lot to do with smart decision-making. In Hollywood, where most roles for women are either archetypal wives or girlfriends, Knightley manages to play strong, complex female leads. Her latest, Georgiana, the duchess of Devonshire in The Duchess, was labelled the Victorian party girl, yet the real-life Georgiana was an idealistic fashion icon longing for love and to change the political regime. At the same time she was vulnerable and oppressed — her best friend stole her husband and the three lived together in the most torturous setup. But instead of viewing Georgiana as a tragic figure, Knightley finds her inspiring.

"What happens to her is enough to send most people to the loony bin, and yet she keeps walking forward," Knightley says.

The London native says it's the strength of the character that draws her to a role. "If I think about my favorite characters, I go back to more '40s era characters than the recent ones. Your Bette Davis, your Katharine Hepburn characters — women with incredible wit and just sort of," she pauses to laugh, "fighting women."

Keira Knightley

The chuckle is in response to her own reputation as someone who's not going back down. For The Duchess, Knightley refused a Photoshop breast enhancement job like the one she spoke out against in the ads for King Arthur. Last year, Knightley sued Britain's Daily Mail for running photos of her beside an article about a girl who died from anorexia. And she likes to curse. About wearing one of the huge hats she kept from the film: "Can you imagine? Walking down the street in London … really f—ing subtle that would be."

And while we're sure the headstrong actress wouldn't be as naïve as Georgiana, both ladies have their "fashion icon" status in common. Just check Knightley out on the September issue of Vogue.

"Fashion again goes back to the escapism," she says. "You can create who you want to be, not who you are. And there's something that's quite fun about that."

Fall season's twilight

IntelleVision

rick.mcginnis@metronews.ca

TIME OF THE SEASON: You might be wondering why this fall's TV season feels like such a low-key affair. If you are, I'd like to meet you, because by this point I'd assume most people have better things to do with their time, and that the decades-old calendar rituals of the broadcast television industry are as relevant to their lives as the solstice bonfire, or blacking the coal grate.

Even the big four networks like to pretend that they're so over that fall season thing, and a recent New York Times piece had Alan Wurtzel, NBC's president of research, insisting that this fall is the last time they'll ever acknowledge the tradition. They've been acknowledging it with both hands, though, despite growing indifference from their viewers, but old habits die hard, and as the Times pointed out, "Nielsen Media Research has deemed that Monday was the starting point when audience totals for shows began to count, so viewers found mostly new episodes of shows on the broadcast networks, like Grey's Anatomy on ABC and N.C.I.S. on CBS."

Simply put, as long as ratings are measured in the traditional way, the people who measure them will be in the habit of prioritizing ratings-gathering into census-like windows of opportunity. Which means that networks will continue to compete with each other like horses in a dead heat, their riders eyeing each other warily, putting the spurs to their mounts whenever anyone else seems like they're trying to pull ahead.

Change, when it comes, will be incremental at first. Dawn Ostroff, head of the CW network, told the Times that they "felt it was really important to be able to get ahead of all the clutter," so they bumped up the season debuts and premieres of shows such as Gossip Girl and 90210, which prompted Fox to pull the trigger earlier on titles such as House and Fringe. While the networks are shifting their premieres back, viewers are delaying when they're watching them, and David Poltrack, Wurtzel's opposite number at CBS, noted that 70 per cent of shows being recorded and watched later are network product, versus only 46 per cent of what's being watched live.

A number that no one wants to talk about is what's being downloaded from the Internet, including shows that were available months before their scheduled air date — such as the pilots and season debuts of shows such as Fringe, True Blood and Californication, and the original pilot of the Americanized Life On Mars. Pirated or unofficially leaked, they're a harbinger of a day when networks will have to act more like producers, and put their wares on the market when they're ready, not when tradition and convenience deigns to put them before the audience.

Rick McGinnis writes about music, movies, books and television, but not opera.

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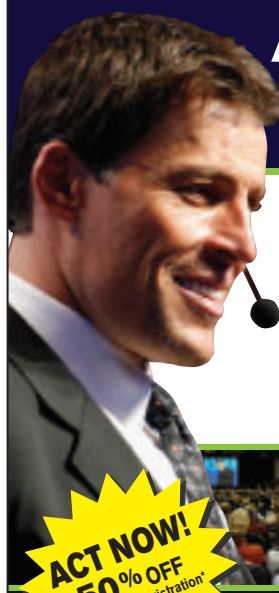

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Graham, Bartha have Hangover

MOVIES

Graham

Heather Graham and Justin Bartha have joined the cast of Warner Bros. and Legendary Pictures The Hangover, being directed by Todd Phillips. The story revolves around three buddies, played by Bradley Cooper, Ed Helms and Zach Galifianakis, who lose their best friend (Bartha) at his Caesars Palace bachelor party just 40 hours before his wedding. The trio must attempt to retrace all their bad decisions from the night before and figure out where things went wrong. Graham will play a Vegas local who crosses paths with the guys and might know more about the groom than she lets on.

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primetime 9/25/08	251	308	3 CBC	Coronation St.	Jeopardy! (N)	jPod (CC) (DVS)		Samuel de Champlain		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Name Is Earl	Name Is Earl	The Dukes of Hazzard ★★ (2005) Johnny Knoxville. (CC)		News (N)		
	254	-	8 M	Two/Half Men	Two/Half Men	Mandarin Nights		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9 CTV	eTalk (CC)	Hollywood	ER "Life After Death" (CC)		Grey's Anatomy "Dream a Little Dream of Me" (CC)		News (N)		
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Smallville "Plastique" (N)		Supernatural (N) (CC)		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Gabon "Want to See the Elephant Dung?" (CC)				The Office "Weight Loss"		News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	Hole in the Wall (CC)		Primetime: UFOs... Seeing Is Believing (CC)		TBA		News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty (CC)		Glam God With Vivica A. Fox		Friends (CC)	Friends (CC)	Realty TV
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Plastique" (N)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Gabon "Want to See the Elephant Dung?" (CC)				CSI: Crime Scene Invstgtn.		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Name Is Earl	The Office "Weight Loss"		ER "Life After Death" (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Open House	Real Est	Love It-List It
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (CC)		Grey's Anatomy "Dream a Little Dream of Me" (CC)				News (N)
	-	-	23 KVOS	M*A*S*H	Seinfeld	The Blue Lightning ★★ (1986) Sam Elliott, Robert Culp.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	James Stewart: A Wonderful Life (CC)			American Masters (N) (CC)		Mike Douglas: Moments		Carole King
	290	382	28 FOX	Two/Half Men	Two/Half Men	Kitchen Nightmares (N) (CC)		Kitchen Nightmares (N) (CC)		News (N) (CC)		Family Guy
	-	364	48 PBS	Spain ... On the Road Again		Red Green	Brotherly Love	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Hometime
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Smallville "Plastique" (N)		Supernatural (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		ET Canada	Entertainment	Real Housewives of OC	
news	502	390	29 NW	Geologic Journey (CC)		CBC News: The National (N)		CBC News: The National		Politics with Don Newman		The Hour
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Los Angeles Angels of Anaheim at Seattle Mariners.					Sportsnet Connected		Sportsnet
	400	400	30 TSN	NHL Preseason Hockey: Panthers at Oilers			SportsCentre (Live) (CC)		NFL Films	Poker Night (Taped) (CC)		SportsCentre
	411	457	49 OLN	Pilot Guides	Odyssey	Pilot Guides (CC)		Don't Forget Your Passport		Commando: On the Front Line		Survivorman
	410	403	54 SCR	(6:00) College Football USC at Oregon State. (Live)				Score Tonight		Sports Rage		Final Score
	417	406	55 SC	Wrecked (N)	Wrecked	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked
	416	409	144 GLF	Fútbol Español		Gol TV News		Extra Time		Gol TV News		Gol TV News
family	552	543	25 YTV	H2O, Just Add	Home Imp.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Prank Patrol	Mystery Hnt.
	555	545	50 TEL	George	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	The Critic (N)	Chicken	Code
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Big Comfy
cable variety	268	354	5 KNO	Leading Edge	Big Ideas	Sahara With Michael Palin		Art of the Heist (CC)		The Power of Architecture		Corporations
	575	583	20 CMT	Home Imp.	Home Imp.	Karaoke Star "Best of"		Reba (CC)	Hope & Faith	Home Imp.	Home Imp.	Ed (CC)
	570	580	24 MM	Greek "Liquid Courage"		Muchmusic Countdown (CC)			Pimp My Ride	Legally Blonde (CC)		Spotlight
	600	564	25 H&G	Junk Brothers	The Big Flip	Holmes on Homes (CC)		Restaurant Makeover (CC)		The Fix (CC)	Disaster DIY	Junk Brothers
	615	520	31 A&E	Jacked: Theft	Jacked: Theft	Crime 360 (CC)		The First 48 (CC)		The First 48 (CC)		Jacked: Theft
	628	584	42 SPKE	(6:00) TNA iMPACT! (N) (CC)		The Ultimate Fighter		CSI: NY "Risk" (CC)		MANswers	MANswers	Sharpshooter
	521	560	44 TLC	Street Customs "Shaquillac"		Overhaulin' (CC)		Street Customs "Shaquillac"		American Chopper (CC)		LA Ink (CC)
	616	522	46 SHO	Painkiller Jane "Breakdown"		ReGenesis "The Promise"		Trailer Park	Trailer Park	Saving Grace (CC)		House (CC)
	620	523	40 BVO	(6:00) Century Hotel ★★ (CC)		Law & Order "Misbegotten"		Without a Trace "Skin Deep"		The Minus Man ★★★ (1999) Owen Wilson.		
	601	562	41 SLC	The Biggest Loser (CC)		Rich Bride, Poor Bride (CC)		Last 10	Bulging Brides	The Biggest Loser (CC)		Trading Sp
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Monster Moves (CC)		MythBusters "Supersized Myths" (CC)		
	522	506	43 HIS	NCIS "Iceman" (CC)		Lost Worlds (CC)		The Perfect Weapon (CC)		NCIS "Iceman" (CC)		Crime Stories
	627	528	45 SPC	Super Heroes		Stargate SG-1 (CC) (DVS)		Lost (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	(6:00) A Walk to Remember		Sex and-City	Sex and-City	(:10) Rat Race ★★ (2001, Comedy) Rowan Atkinson. (CC)				Orange Ct
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Make	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52 FN	Secret Life of	Secret Life of	Ace of Cakes	Ace of Cakes	Iron Chef America (CC)		Unwrapped	Unwrapped	Secret Life of
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Comedy Inc.	Daily Show
	320	621	60 CEN	(6:30) Crazy for Christmas		Revolver (2005) Jason Statham. Premiere.				(:45) Smokin' Aces ★★ (2007) Ben Affleck, Andy Garcia. (CC)		
	581	566	101 MTV	Exiled (CC)	MTV Cribs	MTV Live	After	Busted (CC)	The Hills	Exiled (CC)	MTV Cribs	MTV Live
	261	394	102 V	(6:00) The Koran (CC)		Emily of New Moon (CC)		The Koran (CC)				Paid Program
	-	-	105 MUL	Matchmaker	Daughters	Vancouver	Main Office	Dheeyan Ghar	Sadabahar	Mor Deo Koi	Desi Rhythms	Patrol World

critics' corner

Survivor: Gabon

The tribe has spoken, and so have the ratings, which means the granddaddy of modern competitive reality series is back for a 17th season. This time, the setting is Gabon, a small equatorial African country of stunning natural beauty, which will be a visual treat for those with high-definition TV sets; this is the show's first season to air in high-def. But judging from past seasons, the interaction among the contestants won't always be pretty. 5 PM on STR

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Von Teese would remarry

Burlesque star Dita Von Teese says she has no regrets over her failed marriage to shock rocker Marilyn Manson, insisting she still hopes to walk down the aisle again. IMDB.COM

Celebrity Buzz

Son prompts Clay to reveal his sexuality

PEOPLE Former American Idol contestant Clay Aiken has acknowledged he is gay, confirming in an interview with People magazine what most of his fans have suspected for years.

Aiken, 29, a born-again Christian who forged a successful career after being named runner-up in the 2003 American Idol television talent show, said he decided to come out after becoming a father in August.

"It was the first decision I made as a father," Aiken told People magazine in an interview for the issue out tomorrow.

"I cannot raise a child to lie or to hide things. I wasn't raised that way, and I'm not going to raise a child to do that."

Aiken has dodged questions about his sexuality for years, usually replying that it was his own business.

He told People he came out to his mother four years ago.

In August, Aiken fathered a baby through in-vitro fertilization with his friend, music producer Jaymes Foster. Foster gave birth to a boy, named Parker, on Aug. 8. The news came as little surprise to those in the music business. American Idol judge Simon Cowell said, "If he said it, it's the right thing for him. Good for him. I don't think anyone cares. Let's face it. It's 2008."

REUTERS

GETTY IMAGES PHOTOS

Something in the water?

PEOPLE Nicole Kidman credits the "fertility water" she drank on the Australia film set for helping her realize her baby dreams, imdb.com reports.

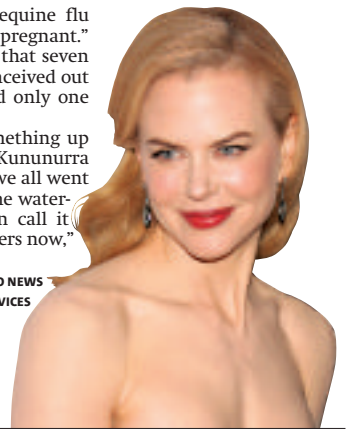
Seven babies were conceived on the set and the 41-year-old new mom insists there was something in the water.

"I never thought that I would get pregnant and give birth to a child but it happened on this movie," she tells Australia's Women's Weekly magazine. "Nothing happened in a small way on this film ... We had heat and torrential rains and equine flu and then I got pregnant."

Kidman adds that seven babies were conceived out of this film and only one was a boy.

"There is something up there in the Kununurra water because we all went swimming in the waterfalls, so we can call it the fertility waters now," she says.

METRO NEWS SERVICES



Naomi stands by airport story

PEOPLE Supermodel Naomi Campbell still insists she was provoked into spitting at a police officer at Heathrow Airport in London in April because she was called a racial slur, imdb.com reports.

Campbell started serving her community service in London earlier this month after she admitted to spitting at an airport cop, but she insists there would have been no incident if she had been shown more respect.

"If someone calls me a racial slur, I find it very offensive," Campbell told the news show Extra. "After paying all that money and you're trying to get to a funeral, which is where I was trying to get to, I thought, 'Well, I think I have the right to be upset right now.' "

METRO NEWS SERVICES

celebrity brief

Britney's mom may want her reunited with Kevin

RELATIONSHIPS Britney Spears' mother wants to reunite the singer with her ex-husband Kevin Federline, female-first.co.uk reports.

Lynne Spears, who describes her former son-in-law as "kind hearted" and "down to earth" in her new book, is working hard to convince Britney and Federline to give their relationship another chance for the sake of their two children, Jayden James and Sean Preston.

"Kevin has apologized to Britney for his failings as a husband and said he wanted a fresh start," a source said.

Spears is reportedly thrilled by Federline's apology and feels she is finally getting her personal and private life back on track.

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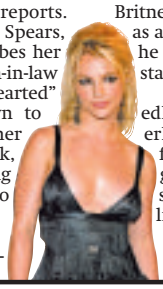

Joel, Nicole raise $10,000 for kids

CAUSE New parents Nicole Richie and Joel Madden are celebrating after raising $10,000 US toward a $35,000 US kids' playground in Los Angeles in just a week, imdb.com reports.

The couple launched the Text Child to 90999 campaign, as part of the Richie-Madden Children's Foundation, at the beginning of last week.

METRO NEWS SERVICES

celebrity brief

Kirsten, Justin call it quits: Report

RELATIONSHIPS Even though actress Kirsten Dunst denied being in a relationship with Justin Long, In Touch Weekly is reporting that they've broken up.

"They are taking some time off for now," an insider told the magazine. "Kirsten gets bored really easily and she needs a break from men right now. They are still both friends and will hang out."

METRO NEWS SERVICES

celebrity brief

Shannen slams alcoholism talk

PEOPLE Actress Shannen Doherty has hit out at reports she battled an alcohol addiction, imdb.com reports.

Doherty shot down allegations in several tabloids that she sought help from Alcoholics Anonymous following her arrest for drunk-driving in 2000.

But the star admits she did help her husband overcome his drink demons.

"I've never been in AA. I accompanied my husband to AA meetings — actually," she said.

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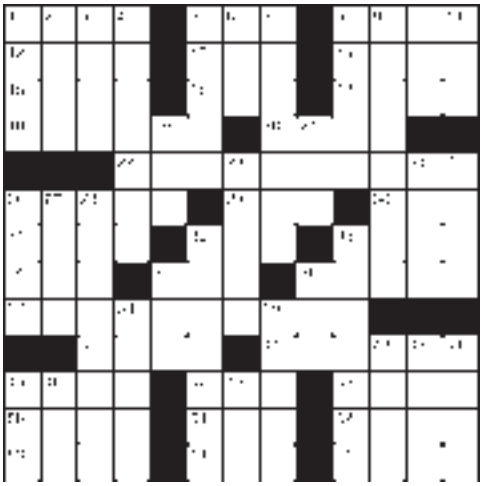


Crossword across

1 Galley supply
5 Lummox
8 Casino currency
12 Conspire (against)
13 Under the weather
14 Actress Turner
15 Ornamental bag
16 Zodiac cat
17 Family member
18 Achieve by threats
20 Reedy
22 First Civil War battle site
26 32-Across' band
29 Vacillate
30 Infuriate
31 Green-eyed monster
32 Rocker Morrison
33 King of Siam's friend
34 Noshed
35 Bart, to Homer
36 See 30-Across
37 Florida city
40 Former ugly duckling
41 Maximum
45 Genealogy chart
47 Olympic perfection
49 Actor Sharif
50 Approach
51 Caustic chemical
52 Pianist Peter
53 Recipe meas.
54 "Undeniably"
55 Oklahoma city

Crossword down

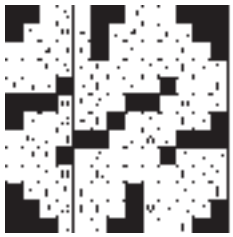
1 Oil cartel
2 Sax range
3 Libertine
4 Use a wok
5 Former Houston athlete
6 Hearty brew
7 Ship's debris
8 Assertion
9 Eerily persistent
10 Hostel work environment?
11 Vanna's cohort
19 Lettuce variety
21 Embrace
23 String
24 Sea eagle
25 Posterior
26 Unhearing
27 Aware of
28 In Europe, maybe
32 Together
33 Windflower
35 Resort
36 Performance
38 Dweeb
39 Mystical lettering
42 Portent
43 Rani's wrap
44 Stepped hard (on)
45 Potent stick
46 CSA soldier
48 Needle feature

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2			8					
5		3		2	1			4
	4	1	7					
						1	5	
7		4				2		8
	9	6						
					8	5	6	
6			4	9		7		2
					2			3

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	2	4	3	5	8	9	6	7
7	3	8	4	9	6	5	1	2
6	9	5	1	7	2	8	3	4
5	4	3	6	1	7	2	8	9
2	8	6	9	4	5	1	7	3
9	1	7	2	8	3	4	5	6
8	5	2	7	3	9	6	4	1
4	7	9	8	6	1	3	2	5
3	6	1	5	2	4	7	9	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

EAT TO BEAT DIABETES

Linguine and Salmon with Creamy Lemon-Dill Sauce

INGREDIENTS:
1 lb (500 g) skinned salmon fillet
Grated zest and juice of 1 lemon
2 tablespoons (25 mL) chopped fresh dill
8 oz (250 g) linguine
2 large carrots, peeled and cut into matchstick strips
2 large zucchini, unpeeled and cut into matchstick strips
1 teaspoon (5 mL) canola oil
1/3 cup (75 mL) light sour cream
Salt and pepper

METHOD:
1. Cut salmon into chunks, place in a dish with lemon zest, juice, and dill. Turn the pieces of salmon to coat evenly. Cover and marinate in refrigerator for at least 10 minutes.
2. Cook linguine until al dente. Add carrots to the pasta after eight minutes of cooking, and then add the zucchini one minute later.
3. Meanwhile, brush a non-stick skillet with oil and heat thoroughly. Drain salmon, reserving the marinade. Add salmon to the hot skillet and cook, turning occasionally, until the fish is firm and just cooked, 3 or 4 minutes.
4. Add the reserved marinade and sour cream to salmon, and cook for a few seconds. Remove from heat and season lightly with salt and pepper.
5. Drain pasta and vegetables, and transfer to a serving dish. Add the salmon mixture, garnish with fresh dill and lemon wedges.

Nutrients per serving: calories 483, calories from fat 153, fat 17 g, saturated fat 3 g, cholesterol 64 mg, carbohydrate 50 g, fibre 4 g, sugars 4 g, protein 31 g.

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A wish will be granted by mistake. Peer pressure has no effect on a nonchalant friend. Daring acts need your participation.

TAURUS
APRIL 21-MAY 21
Stock up on helpful advice. Legal action won't mend broken fences. You can deflect damage in an understated way.

GEMINI
MAY 22-JUNE 21
Speaking unkindly is not an option. An associate wants a bulletin on the day's events. Fun and games will be frustrating.

CANCER
JUNE 22-JULY 22
You don't have to compromise to find your own path. Everyone's too busy to ask questions. Your enthusiasm creates opportunities.

LEO
JULY 23-AUG 23
Increase your influence by widening your perspective. Something doesn't make sense. Quick action makes a bully back down.

VIRGO
AUG 24-SEPT 22
Get ready for a loved one's excitement. A misplaced object plays havoc with your agenda. Keeping a strong focus will work wonders.

LIBRA
SEPT 23-OCT 23
You'll know all the correct answers. Weigh the needs of others against your own. You'll begin to enjoy a childish friendship.

SCORPIO
OCT 24-NOV 22
An old friend feels guilty about the past. Don't go out on a limb to prove a point. Sincere respect will be given to you.

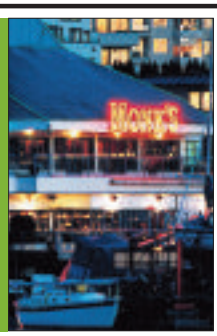
SAGITTARIUS
NOV 23-DEC 21
Lovers are bursting with good news. A vivacious friend regrets taking legal action. Everything around you seems fresh and new.

CAPRICORN
DEC 22-JAN 20
Show consideration to get financial support. An unrealistic desire flares up. Efficient organization can ease tensions.

AQUARIUS
JAN 21-FEB 18
You can cause a quarrel by taking charge. You'll get shocking news while working. An intellectual talks about a difficult problem.

PISCES
FEB 19-MARCH 20
Life can't be great when you give unwanted advice. Frantic activity makes you giddy. Find your good fortune in a useless tradition.

WIN $75 to MONK MODERNE
Check out Urban Eats in tomorrow's Metro for details on how you can win.
metro Do it daily.



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super special! men's jeans $10 compare at $40 each
mix&match leggings prints & plains 2 for $20 compare at $30 each
mix&match athletic fleece zip front jackets& pants 2 for $30 compare at $30 each
mix&match thermal tops men's 2 for $30 compare at $30 each
mix&match hoodies men's 2 for $30 compare at $30 each
mix&match hoodies & jeans boys 2 for $30 compare at $30 each
mix&match baby dolls 2 for $20
mix&match knit sweaters 2 for $30 compare at $00 each
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